

FIRST & LAST NAME: \_\_\_\_\_

Wk of 3/28/22

**Bonus Item: Frozen Corn (2lb bag)**

**Canned Meat Selection: Tuna OR Chicken OR Salmon**

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***Temporarily we will be limiting our pantry foods to 1 per single item.  
Please circle your choices below. Thank you in advance for understanding.***

**Ready Made Meals:**

Beef Stew  
Meat Ravioli in Tomato Sauce  
Pasta Rings in Tomato Sauce

**Vegetables:**

Carrots  
Creamed Corn  
Whole Kernel Corn  
Green Beans  
Potatoes  
Mixed Vegetables  
Peas

**One-Dish Pasta Meals:**

Chicken Helper (Alfredo)  
Hamburger Helper  
Tuna Helper  
Taco Mac  
Pasta & Tomato Sauce  
Mac & Cheese

**Boxed Pasta/Noodles/Rice:**

Assorted Boxed Pasta  
Egg Noodles  
Instant Potatoes  
Long Grain White Rice  
Flavored Rice Side Dish  
Spaghetti Sauce  
Stuffing Mix

**Baking:**

Instant Oatmeal  
Instant Dry Milk  
Pancake Mix  
Syrup  
Baking Mix  
Blueberry Muffin Mix  
Raisins (15oz box)  
Pudding - Vanilla or Chocolate  
Palm Oil

**Fruits:**

Pineapple Chunks  
Pears  
Mandarin Oranges  
Mixed fruit  
Applesauce  
(sweetened or unsweetened)

**Soup:**

Vegetable  
Tomato  
Chicken Noodle  
Cream of Chicken  
Cream of Mushroom  
Chunky Vegetable Beef  
Chili with Beans

**Beans:**

Pork & Beans  
Pinto Beans  
Chili Beans  
Kidney Beans  
Chickpeas  
Black Beans  
Refried Beans  
Baked Beans  
Vegetarian Beans (in Tomato Sauce)  
Lentils (dry)

**Canned Tomatoes:**

Diced Tomatoes  
Whole Tomatoes  
Tomato Sauce

**Cereal:**

Wheat Bran  
Assorted Cheerios Flavors

**Misc:**

Fruit & Nut Mix  
Celestial (Black) Tea  
Peanut Butter - Creamy or Crunchy  
Grapefruit Juice (64 oz)  
Raisins (6ct Snack Packs)  
Fruit Snacks  
Granola Bars  
Tuna Salad Snack Kit  
Birthday Bag - child or adult

**Toiletries List is on the back —>**

**Toiletries:**

*Total number of items: whatever you need this week. However, LIMIT 1 of a single item:*

Baby Wipes

Bar Soap

Dental Floss

Deodorant

Diapers (Newborn - size 6)

Hand Sanitizer

Razors

Tampons

Toothbrush (Adults or Kids)

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**Please choose only one item  
from the list below:**

Household Cleaner

**OR**

Kleenex

**OR**

Paper Towels

**OR**

Toilet Paper

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